EPIC™ A30ᴛ

www.epicfit.com

USER'S MANUAL

Model No. EPTL99112.0
Serial No. _____

Write the serial number in the space above for reference.
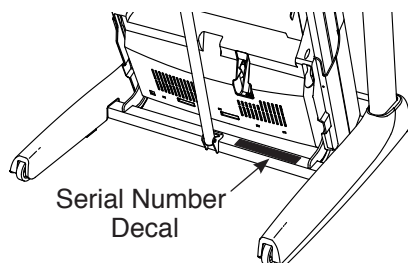
Serial Number
Decal

QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

VISIT OUR WEBSITE:
www.epicfit.com
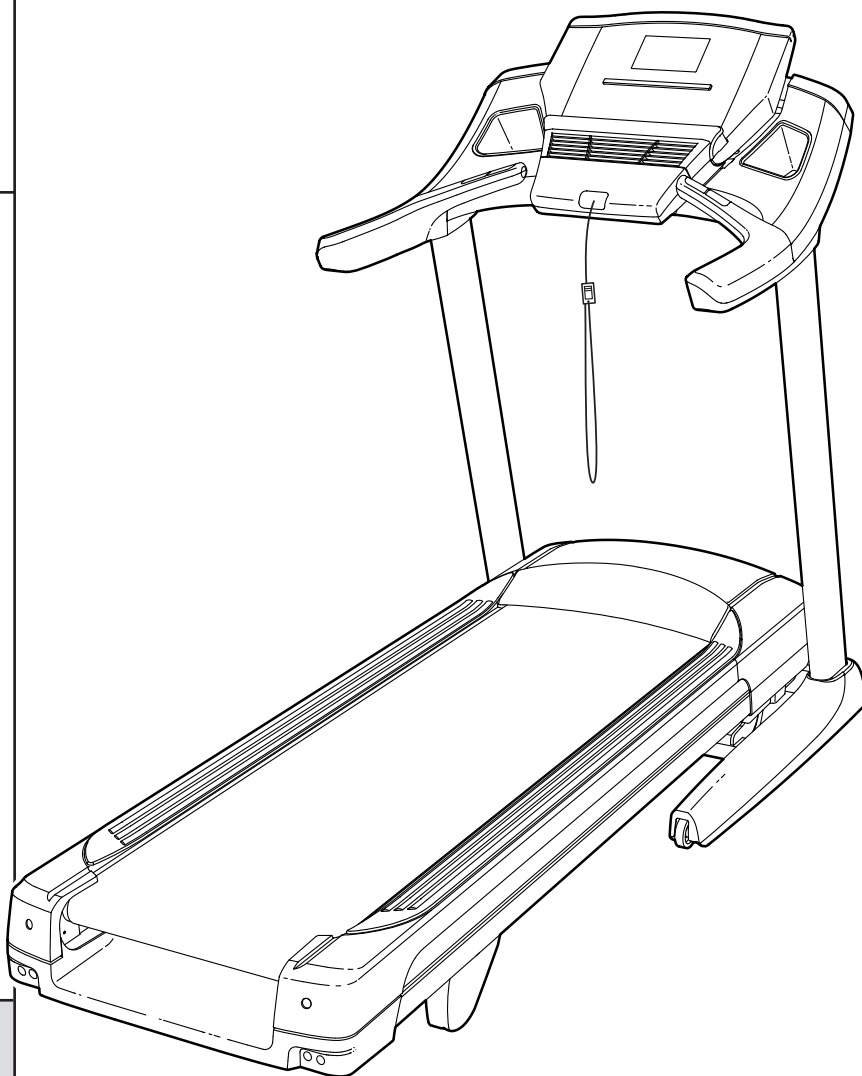Chat: Mon.–Fri. 6 a.m.–7 p.m. MT

CALL:
1-855-EPIC-FIT (1-855-374-2348)
Mon.–Fri. 6 a.m.–7 p.m. MT

EMAIL:
productsupport@epicfit.com

⚠CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

FREE

iFIT® ▶ HOW-TO VIDEOS

www.iFit.com

TABLE OF CONTENTS

WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.

⚠ CAUTION

KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.
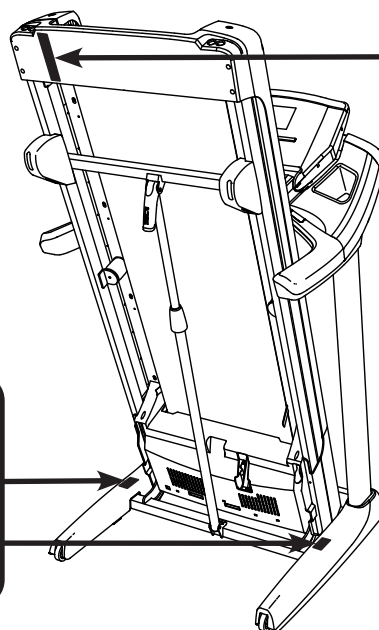
⚠WARNING:

Protect yourself and others from risk of serious injury. Read the user's manual and :

- Stand only on the side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to its lowest level before folding treadmill into storage position.
- Never allow children on or around treadmill.
- Remove key when not in use.
- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

IMPORTANT PRECAUTIONS

⚠**WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

3. Use the treadmill only as described in this manual.

4. The treadmill is intended for home use only. Do not use the treadmill in any commercial, rental, or institutional setting.

5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.

6. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.

7. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.

8. Keep children under age 12 and pets away from the treadmill at all times.

9. The treadmill should be used only by persons weighing 350 lbs. (159 kg) or less.

10. Never allow more than one person on the treadmill at a time.

11. Wear appropriate exercise clothes while using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*

12. Plug the power cord into a surge suppressor (not included), and plug the surge suppressor into an appropriate outlet (see page 11). To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit.

13. Use only a surge suppressor that meets all of the specifications described on page 11. To purchase a surge suppressor, see your local EPIC dealer, call the telephone number on the front cover of this manual, or see your local electronics store.

14. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

15. Keep the power cord and the surge suppressor away from heated surfaces.

16. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 24 if the treadmill is not working properly.)

17. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 13).

18. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.

19. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

20. The heart rate monitor is not a medical device. Various factors, including the user's

movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

21. Never leave the treadmill unattended while it is running. Always remove the key, press the power switch into the off position (see the drawing on page 5 for the location of the power switch), and unplug the power cord when the treadmill is not in use.

22. Do not attempt to move the treadmill until it is properly assembled. (See ASSEMBLY on page 7, and HOW TO FOLD AND MOVE THE TREADMILL on page 23.) You must be able to safely lift 45 lbs. (20 kg) to move the treadmill.

23. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.

24. Never insert any object into any opening on the treadmill.

25. Inspect and properly tighten all parts of the treadmill regularly.

26. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

27. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.
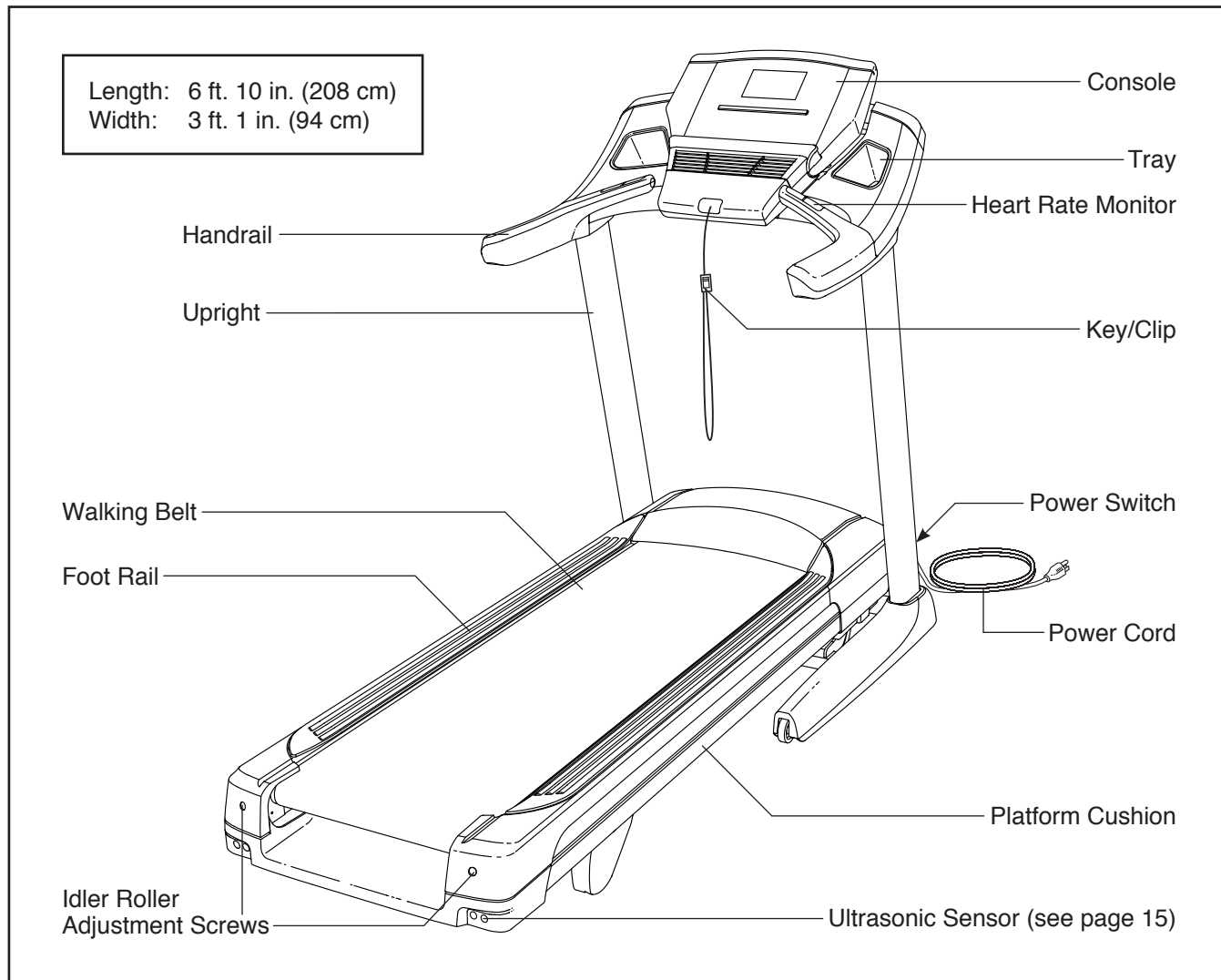
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the revolutionary EPIC™ A30T treadmill. The A30T treadmill offers an impressive selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after
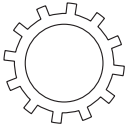
reading this manual, please see the front cover of this manual. To help us assist you, please note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

Length: 6 ft. 10 in. (208 cm)
Width: 3 ft. 1 in. (94 cm)

Console

Tray

Heart Rate Monitor

Handrail

Upright

Key/Clip

Power Switch

Walking Belt

Foot Rail

Power Cord

Platform Cushion

Idler Roller Adjustment Screws
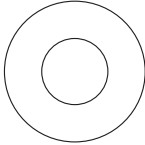
Ultrasonic Sensor (see page 15)
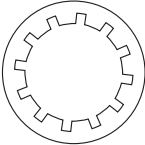
PART IDENTIFICATION CHART

Use the drawings below to identify small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity used for assembly. **Note: If a part is not in the hardware kit, check to see if it is preattached. Extra parts may be included.**
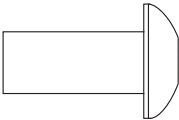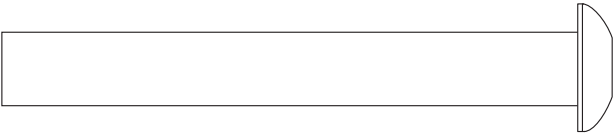
3/8" External Star
Washer (4)–4
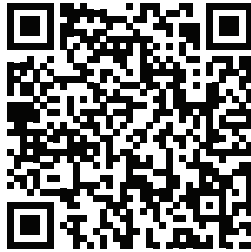
5/16" Flat Washer
(6)–4

3/8" Star
Washer (3)–4

5/16" x 3/4"
Screw (1)–8

3/8" x 3" Screw (2)–4

ASSEMBLY

- To watch an assembly video, go to http://productvideo.co/ assembly/dsg/epic or use your mobile phone or smartphone to read the QR code at the right. A reader application such as ShopSavvy must be installed on your mobile phone or smartphone.

- Assembly requires two persons.

- Place all parts in a cleared area and remove the packing materials, except for the packing materials on the upright. Do not dispose of the packing materials until you finish all assembly steps.

- After shipping, there may be an oily substance on the exterior of the treadmill. This is normal. If there is an oily substance on the treadmill, wipe it off with a soft cloth and a mild, non-abrasive cleaner.

- Left parts are marked "L" or "Left" and right parts are marked "R" or "Right."

- To identify small parts, see page 6.

- Assembly requires the following tools:

  the included hex keys

  an adjustable wrench

  To avoid damaging parts, do not use power tools.

1. **Make sure that the power cord is unplugged. Also, make sure to assemble the treadmill in the location where it will be used.**

   With the help of a second person, carefully raise the Upright (96) and the Frame (61) into the vertical position. **Be careful not to pinch the power cord.**

   As a second person holds the Frame (61), remove the strap and other packing materials from the Upright (96). Carefully lower the Frame.
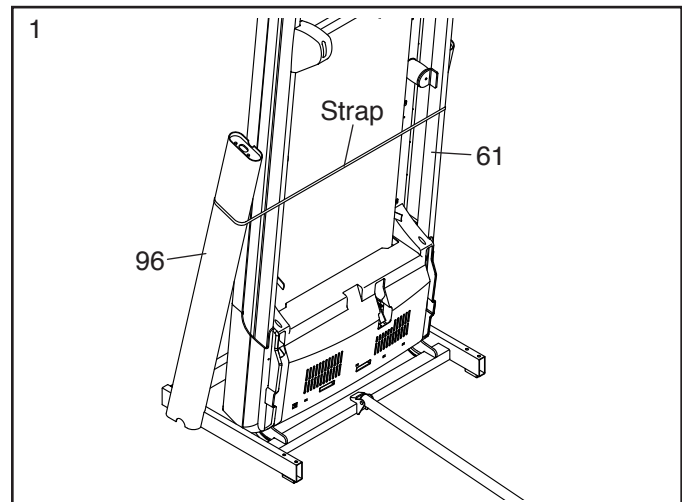
2. Identify the left leg extension assembly (A). Insert the extension assembly into the left side of the Upright (96). Attach the extension assembly with two 5/16" x 3/4" Screws (1). Firmly tighten the Screws.

   Attach the right leg extension assembly (not shown) to the right side of the Upright (96) in the same way.
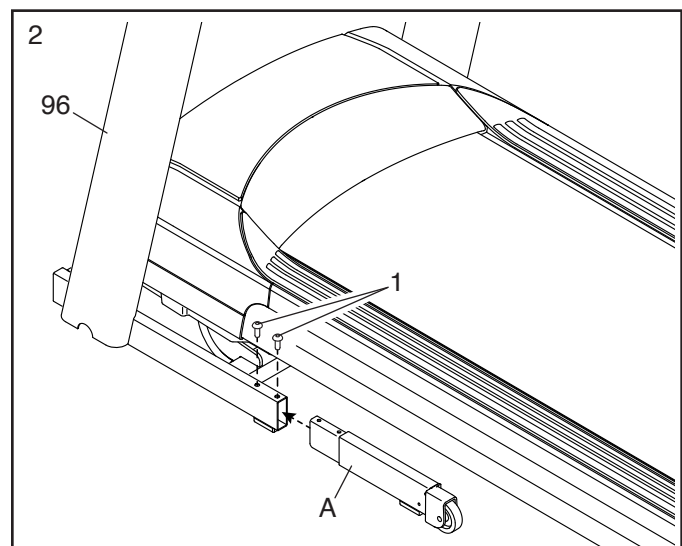
3. Identify the Left Upright Cover (100) and the Right Upright Cover (98).

Slide the Left Upright Cover (100) onto the left side of the Upright (96). Press the Left Upright Cover onto the lower part of the Upright and the left leg extension assembly (A) until it snaps into place.

Press the Right Upright Cover (98) onto the right side in the same way.
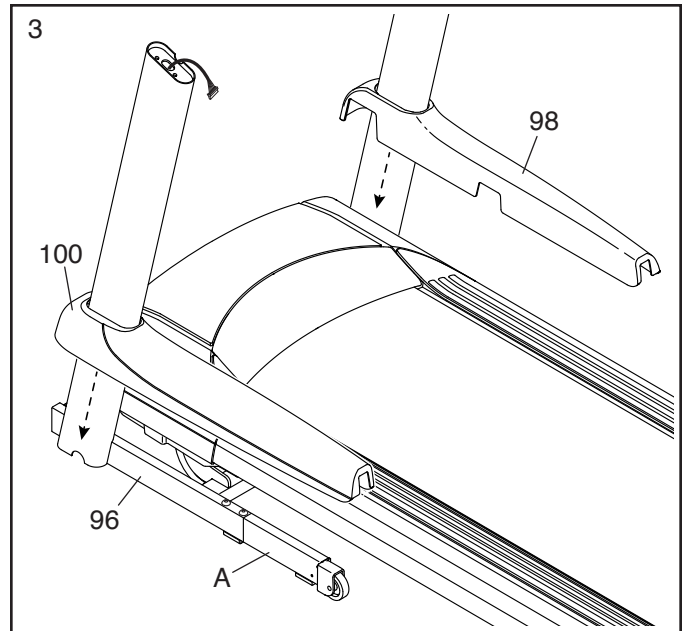
4. Cut the tie securing the Upright Wire (92).

Identify the left handrail assembly (B). Hold the handrail assembly near the left Upright (96). Insert the Upright Wire (92) through the opening on the bottom of the left handrail assembly.

See the inset drawing. Press the left handrail assembly (B) onto the Upright (96). **Be careful not to pinch the Upright Wire (92).** Make sure that the Upright Wire is resting in the slot at the top of the left Upright.

Attach the left handrail assembly (B) to the Upright (96) with two 3/8" x 3" Screws (2) and two 3/8" Star Washers (3).

Attach the right handrail assembly (C) in the same way. **Note: There is no wire on the right side.**
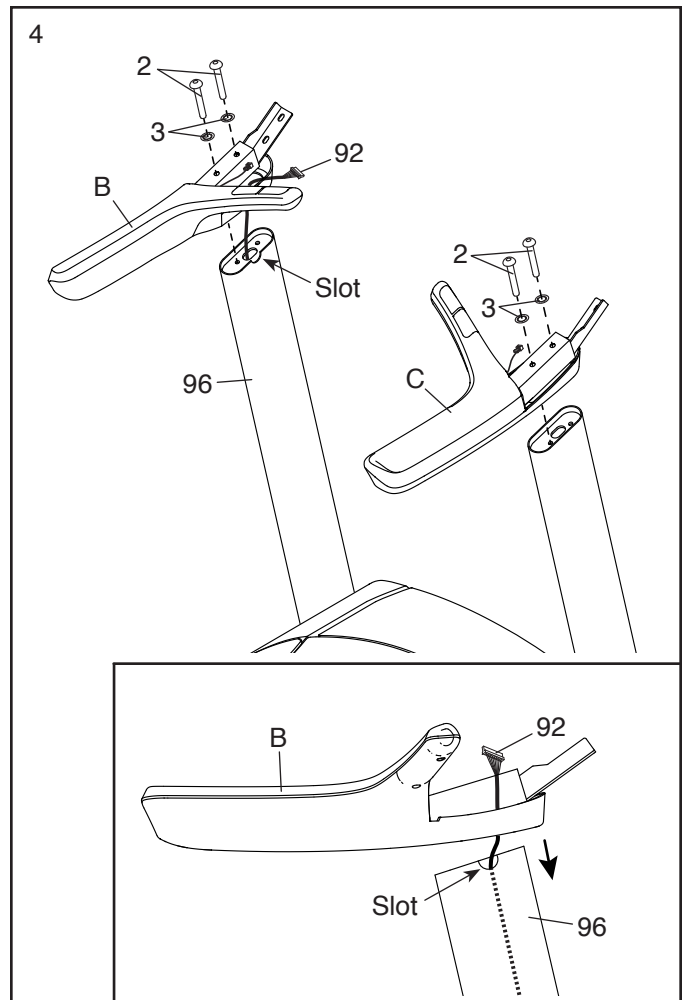
5. With the help of a second person, hold the console assembly (D) near the Upright (96).

   Connect the Upright Wire (92) to the console wire. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.**

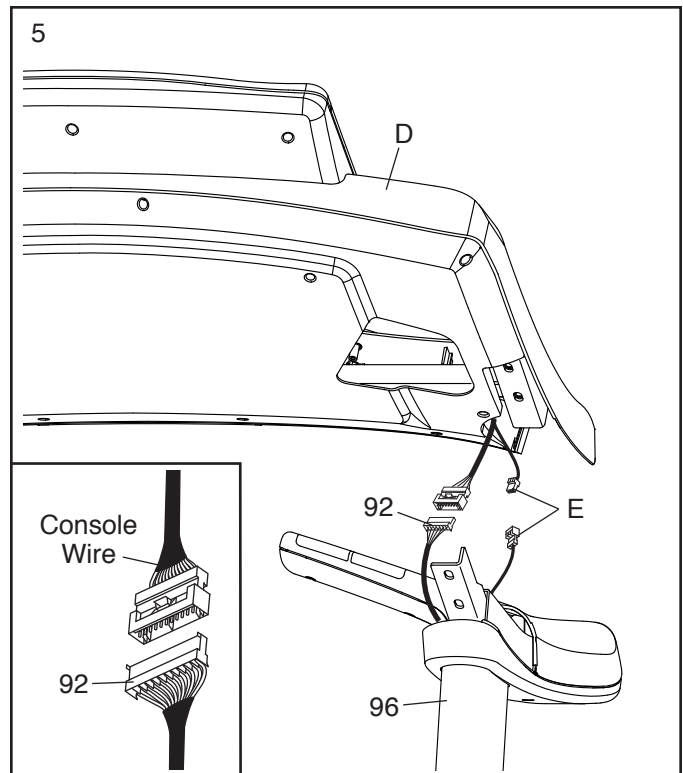   Then, connect the pulse wires (E). **Make sure to connect the pulse wires on the right side (not shown) also.**

6. With the help of a second person, hold the console assembly (D) near the left handrail assembly (B). Raise the console assembly enough to position the wires (F) so that they will not get pinched as you set the console assembly on the left handrail assembly. **Be careful not to pinch any wires.**

   See the inset drawing. Make sure that the console assembly (D) is flush against the handrail assemblies (B, C) in the locations shown by the arrows.

   Attach the console assembly (D) to the handrail assemblies (B, C) with four 5/16" x 3/4" Screws (1), four 5/16" Flat Washers (6), and four 3/8" External Star Washers (4) as shown (only one side is shown). **Start all four Screws and then tighten them.**
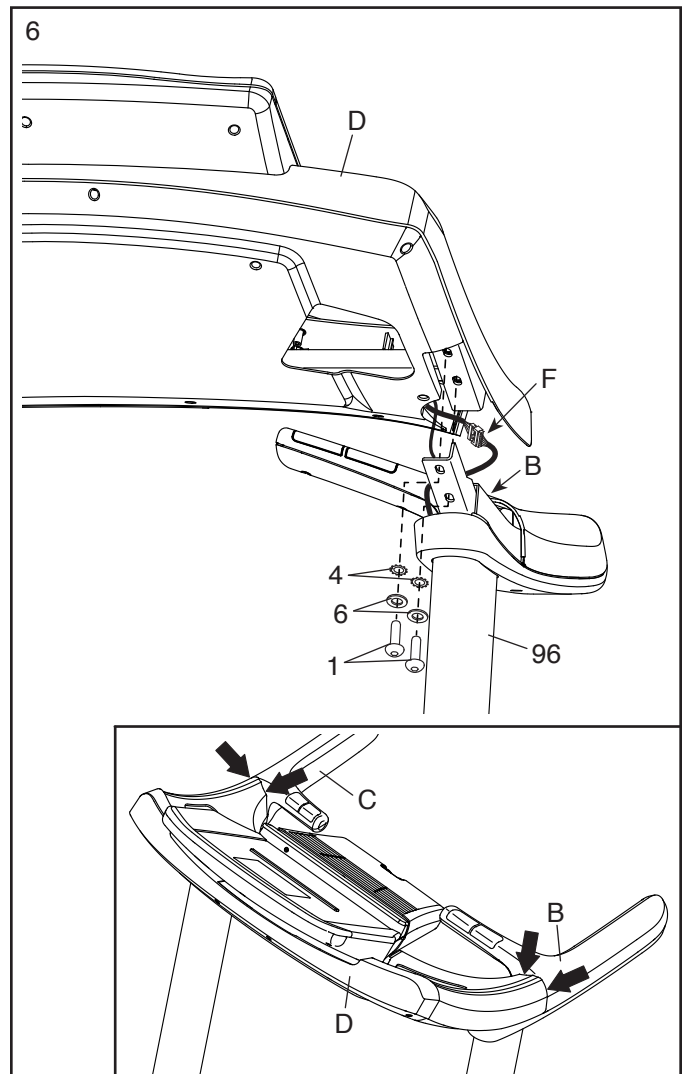
7. Identify the Left and Right Trays (107, 109), which are marked "L" and "R" on the bottom.

   Press the Left and Right Trays (107, 109) into the console assembly (D).

8. Raise the Frame (61) to the position shown. **Have a second person hold the Frame until this step is completed.**

   Remove the 3/8" x 2 3/8" Bolt (7) and the 3/8" Nut (8) from the Storage Latch (65). If there is a tie through the bracket on the Frame (61), remove it.
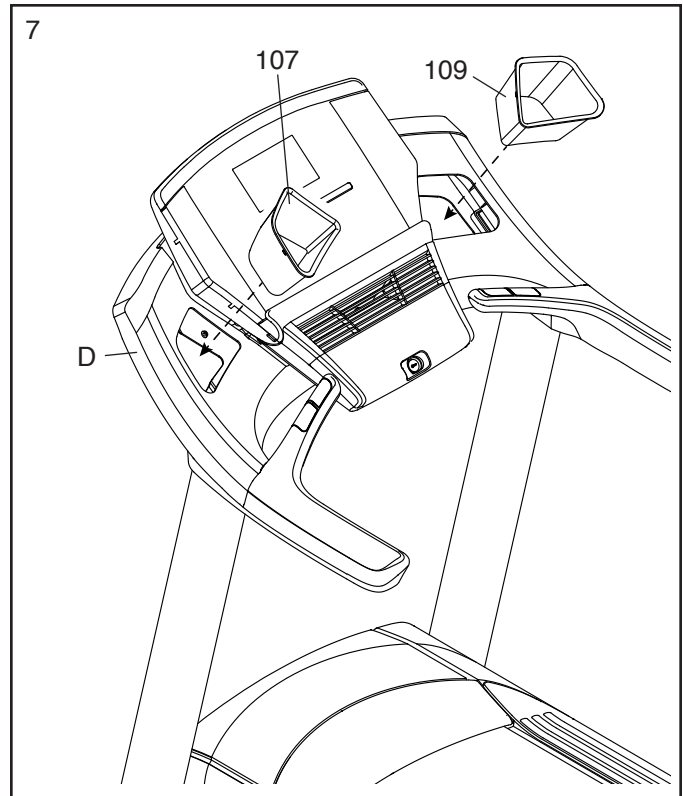
   Align the upper end of the Storage Latch (65) with the holes in the bracket on the Frame (61). Attach the Storage Latch with the 3/8" x 2 3/8" Bolt (7) and the 3/8" Nut (8) that you just removed. **Firmly tighten the 3/8" Nut.**

   Lower the Frame (61) as described on page 23.
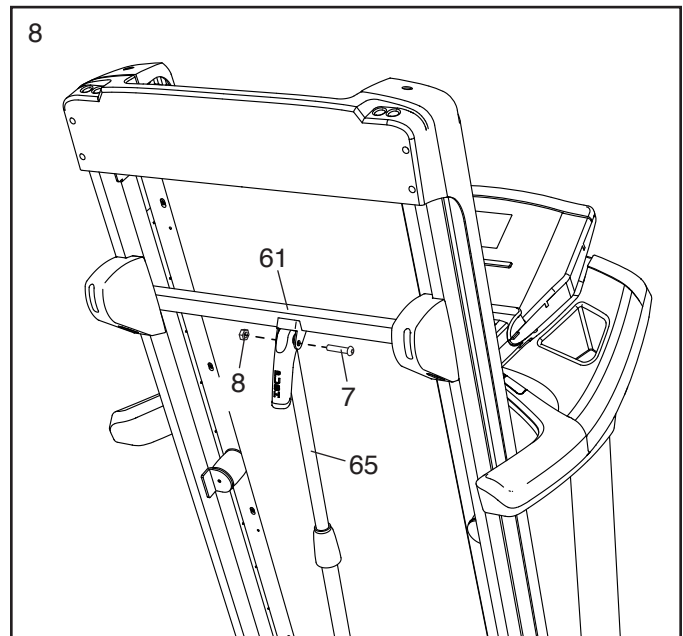
9. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra parts may be included. Keep the included hex keys in a secure place; one of the hex keys is used to adjust the walking belt (see pages 25 and 26).

OPERATION AND ADJUSTMENT

HOW TO CONNECT THE POWER CORD

Use a Surge Suppressor

Your treadmill, like other electronic equipment, can be damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the risk of damaging the treadmill, always use a surge suppressor with the treadmill. To purchase a surge suppressor, see precaution 13 on page 3.**

Use only a surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must also be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill and serious injury to users.**

Plug in the Power Cord

The treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The treadmill power cord has a plug with a grounding pin (see drawing 1 on this page).

> ⚠️ **DANGER:** **Improper connection of the power cord increases the risk of electric shock. Do not modify the plug—if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the treadmill is properly grounded, contact a qualified electrician.**

Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. **The outlet must be on a** nominal 120-volt circuit capable of carrying 15 or more amps. To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit. IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets and may not be compatible with AFCI-equipped outlets.**
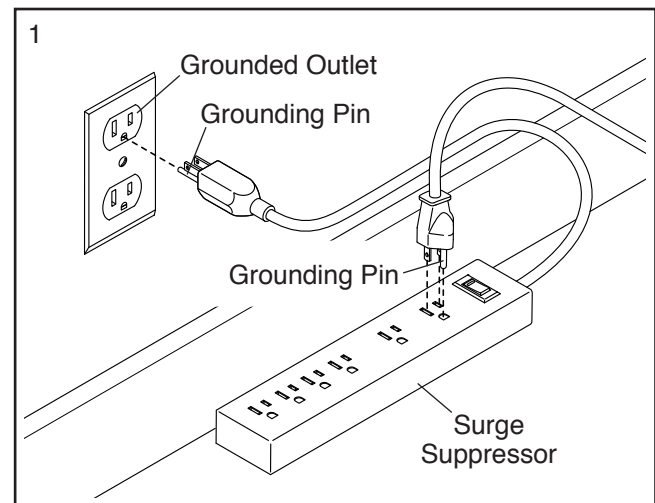
A temporary adapter may be used to connect the surge suppressor to a 2-pole receptacle if a properly grounded outlet is not available.
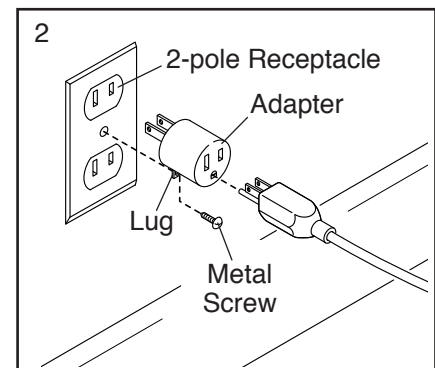
The lug or wire extending from the adapter must be connected with a metal screw to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**

CONSOLE DIAGRAM
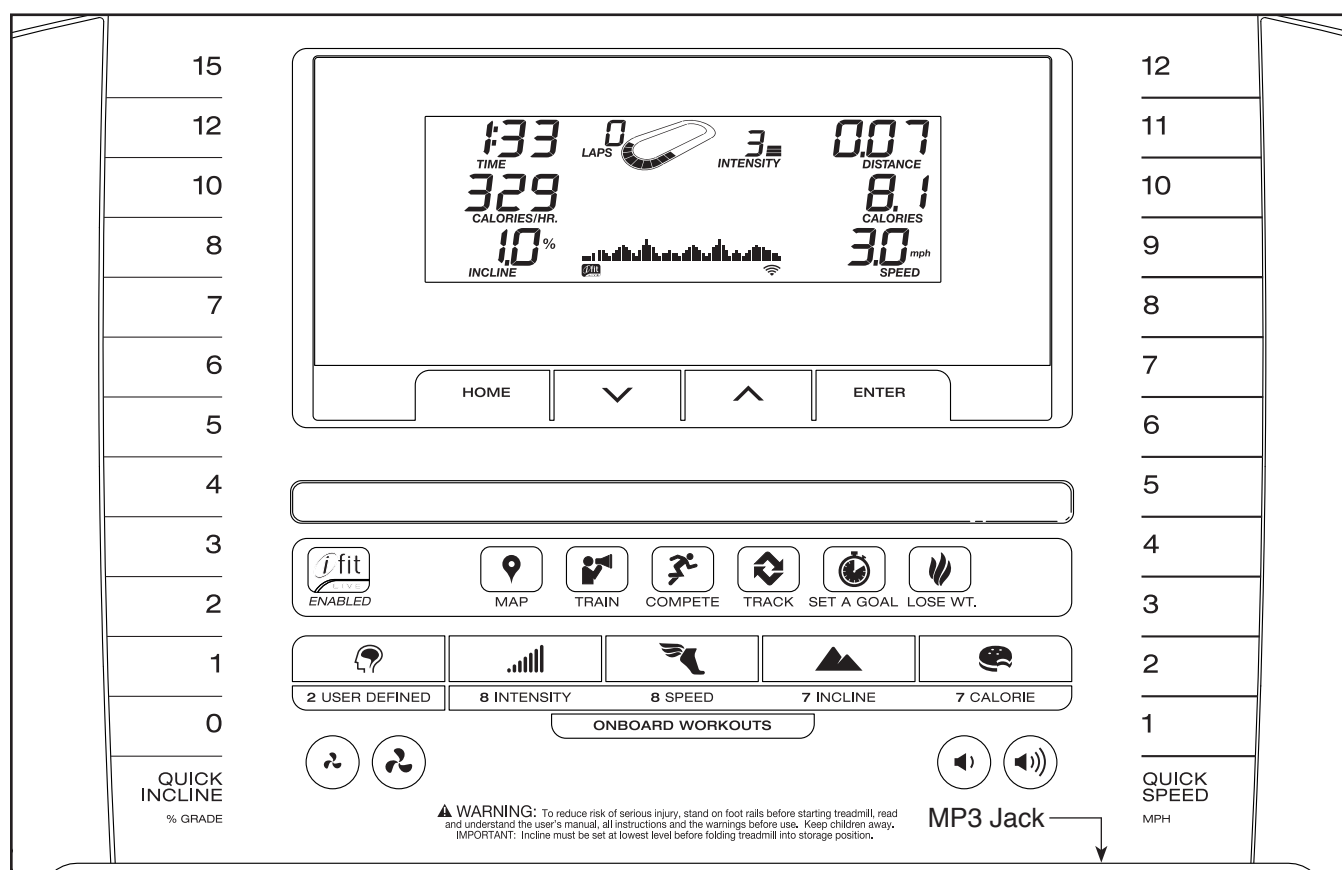
FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable. The console features revolutionary iFit Live technology that enables the treadmill to communicate with your wireless network. With iFit Live technology, you can download personalized workouts, create your own workouts, track your workout results, race against other iFit Live users, and access many other features. **See www.iFit.com for complete information.**

In addition, the console features a selection of onboard workouts, including eight intensity workouts, eight speed workouts, seven incline workouts, and seven calorie workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session. You can also set a calorie, time, or distance goal.

The console also offers two user-defined workouts that allow you to create your own workouts and store them in memory for future use.

When you use the manual mode, you can change the speed and incline of the treadmill with the touch of a button.

As you exercise, the console will display instant exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor.

You can even listen to your favorite workout music or audio books with the console's premium stereo sound system while you get in shape.

To turn on the power and set up the console, see page 13.

IMPORTANT: If there is a sheet of plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 26).
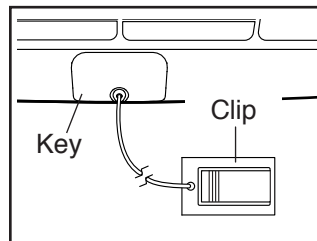
HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the power. If you do not do this, you may damage the console display or other electrical components.

Plug in the power cord (see page 11). Next, locate the power switch on the treadmill frame near the power cord. Make sure that the switch is in the reset position.
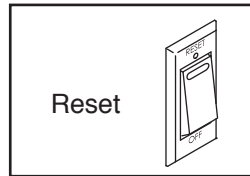
IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and press the power switch into the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see HOW TO CHANGE CONSOLE SETTINGS on page 20 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Locate the clip attached to the key, and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

Note: The first time you insert the key into the console, the incline may automatically rise to the maximum incline level and then return to the minimum incline level. This will calibrate the incline of the treadmill. If the incline does not automatically change, **see step 3 at the right.**

Note: The console can display speed and distance in either miles or kilometers. To find out which unit of measurement is selected or to change the unit of measurement, see HOW TO CHANGE CONSOLE SETTINGS on page 20. For simplicity, all instructions in this section refer to miles.

HOW TO SET UP THE CONSOLE

Before using the treadmill for the first time, set up the console.

1. **Create an iFit Live account.**

    To create an iFit Live account, or for more information about the account, go to www.iFit.com and click Register.

    Select either the basic plan or the limitless plan. Note: For more information, read the details under each plan. If you have an activation code, select the limitless plan. Then, follow the prompts to sign up for your iFit plan.

2. **Connect to your wireless network.**

    Note: In order to download iFit Live workouts and use several other features of the console, you must be connected to a wireless network. See HOW TO CHANGE CONSOLE SETTINGS on page 20 to connect the console to your wireless network.

3. **Check for firmware updates.**

    See HOW TO CHANGE CONSOLE SETTINGS on page 20 and check for firmware updates.

4. **Calibrate the incline.**

    See the troubleshooting symptom "The incline of the treadmill does not change correctly" on page 25 and calibrate the incline of the treadmill if necessary.

5. **Adjust the angle of the console as desired.**

    Adjust the angle of the console by pressing on the handle on the top of the console and pulling the console all the way toward you. Then, ease the console downward to the desired angle.

The console is now ready for you to begin working out. The following pages explain the various workouts and other features that the console offers.

To use the manual mode, see page 14. **To use an onboard workout,** see page 16. **To use a set-a-goal workout,** see page 17. **To create a user-defined workout,** see page 17. **To use a user-defined workout,** see page 18. **To use an iFit Live workout,** see page 19. **To change console settings,** see page 20. **To use the stereo sound system,** see page 22.

HOW TO USE THE MANUAL MODE

1. **Insert the key into the console.**

    See HOW TO TURN ON THE POWER on page 13.

2. **Select the manual mode.**

    When the console is turned on, the manual mode will be selected. Press the Home button to select the manual mode if a workout has been selected.

3. **Start the walking belt.**

    To start the walking belt, press the Start button, the Speed increase button, or one of the numbered Quick Speed buttons.

    If you press the Start button or the Speed increase button, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 mph; if you hold down the button, the speed setting will change in increments of 0.5 mph. Note: After you press the buttons, it may take a moment for the walking belt to reach the selected speed setting.

    If you press one of the numbered Quick Speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting. To select a speed setting that includes a decimal—such as 3.5 mph—press two numbered buttons in succession. For example, to select a speed setting of 3.5 mph, press the 3 button and then immediately press the 5 button. Note: This will not function if the console is set to metric units.

    To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button or the Speed increase button.

4. **Change the incline of the treadmill as desired.**

    To change the incline of the treadmill, press the Incline increase or decrease button or one of the numbered Quick Incline buttons. Each time you press one of the buttons, the treadmill will gradually adjust to the selected incline setting.

5. **Follow your progress with the displays.**

    As you walk or run on the treadmill, the display can show the following workout information:

    • The elapsed time

    • The distance that you have walked or run

    • The workout intensity level

    • The approximate number of calories you have burned

    • The approximate number of calories you are burning per hour

    • The incline level of the treadmill

    • The speed of the walking belt

    • Your heart rate (see step 6 on page 15)

    • The matrix

    The matrix offers several display options. Press the increase and decrease buttons next to the Enter button until the desired option is shown.

    The Speed option will show a profile of the speed settings of the workout. A new segment will appear at the end of each minute.

    The Incline option will show a profile of the incline settings of the workout. A new segment will appear at the end of each minute.

    The Calorie option will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment.

As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.

The display will also show a track that represents 1/4 mile (400 m). As you exercise, the rectangles around the track will show your progress. The number of laps you complete will be displayed next to the track.

Press the Home button to return to the main menu. If necessary, press the Home button again.

The wireless symbol in the bottom right corner of the display will show whether the console is connected to your wireless network. If it is flashing, the console is not connected. If it remains solid, the console is connected.

The treadmill features ultrasonic sensors that can detect an object behind the treadmill (to turn on or turn off the ultrasonic sensors, see HOW TO CHANGE CONSOLE SETTINGS on page 20).
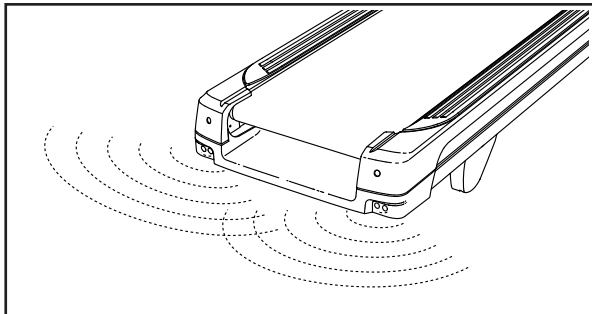
If the ultrasonic sensors detect an object, a message will appear in the display to alert you. If the object is in the zone closest to the treadmill, the walking belt will stop automatically.

To reset the displays, press the Stop button, remove the key, and then reinsert the key.

6. **Measure your heart rate if desired.**

Before using the heart rate monitor, remove the sheets of plastic from the metal contacts, if necessary. In addition, make sure that your hands are clean.
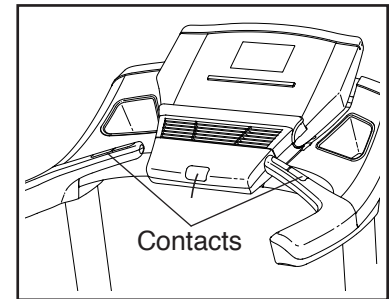
To measure your heart rate, **stand on the foot rails** and hold the metal contacts on the handrails for approximately ten seconds—**avoid moving your hands.** When your pulse is detected, first a heart symbol in the calorie display will appear; next, one or two dashes will appear; and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7. **Turn on the fan if desired.**

The fan features multiple speed settings. Press the fan increase or decrease button to select a fan speed or to turn off the fan. Note: If the fan is on when the walking belt is stopped, the fan will turn off automatically after a few minutes.
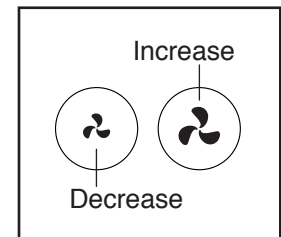
8. **When you are finished exercising, remove the key from the console.**

When you are finished using the treadmill, step onto the foot rails, press the Stop button, remove the key from the console, and put it in a secure place. Next, press the power switch into the off position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

HOW TO USE AN ONBOARD WORKOUT

1. **Insert the key into the console.**

    See HOW TO TURN ON THE POWER on page 13.

2. **Select an onboard workout.**

    To select an onboard workout, press the Intensity button, the Speed button, the Incline button, or the Calorie button repeatedly until the desired workout appears in the display.

    When you select an onboard workout, the display will show the duration, the distance, the name, the approximate number of calories you will burn during the workout, the maximum incline setting, and the maximum speed setting of the workout. In addition, a profile of the incline settings of the workout will appear in the matrix.

3. **Start the workout.**

    Press the Start button or the Speed increase button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

    Each workout is divided into segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

    During the workout, the profiles on the speed and incline tabs will show your

    Current Segment

    progress. The flashing segment of the profile represents part of the current segment of the workout. The height of the flashing segment indicates the approximate speed or incline setting for the current segment. If a different speed and/or incline setting is programmed for the next segment, the treadmill will automatically adjust to the new speed and/or incline setting.
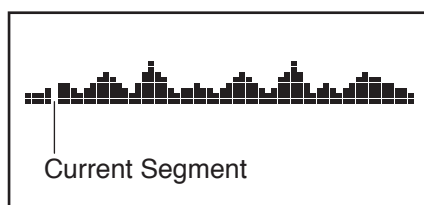
The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight. In addition, if you manually change the speed or incline of the treadmill during the workout, the number of calories you burn will be affected.

If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the Speed or Incline buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the workout at any time, press the Stop button. The time will begin to flash in the display. To resume the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. **Follow your progress with the displays.**

    See step 5 on page 14.

5. **Measure your heart rate if desired.**

    See step 6 on page 15.

6. **Turn on the fan if desired.**

    See step 7 on page 15.

7. **When you are finished exercising, remove the key from the console.**

    See step 8 on page 15.

HOW TO USE A SET-A-GOAL WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 13.

2. **Set a calories, distance, or time goal.**

   Press the Set A Goal button repeatedly until the name of the desired goal appears in the display.

   Then, press the increase and decrease buttons next to the Enter button to set the desired goal.

3. **Start the workout.**

   Press the Start button to start the workout. A moment after you press the button, the walking belt will begin to move. Hold the handrails and begin walking.

   The workout will function in the same way as the manual mode (see pages 14 to 15).

   The workout will continue until you reach the goal that you set. The walking belt will then slow to a stop.

   Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight.

4. **Follow your progress with the displays.**

   See step 5 on page 14.

5. **Measure your heart rate if desired.**

   See step 6 on page 15.

6. **Turn on the fan if desired.**

   See step 7 on page 15.

7. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 15.

HOW TO CREATE A USER-DEFINED WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 13.

2. **Select a user-defined workout.**

   To select a user-defined workout, press the User Defined button repeatedly until the name of the desired workout appears in the display. A profile will also appear in the display.

3. **Start the workout.**

   Each workout is divided into segments. You can program one speed level and one incline level for each segment.

   To program a speed level for the first segment, simply adjust the speed of the walking belt by pressing the Speed buttons.

   To program an incline level for the first segment, simply adjust the incline of the treadmill by pressing the Incline buttons.

   At the end of the first segment, the workout will store the current speed and incline levels in memory.

   Program a speed level and an incline level for the second segment as described above.

   Continue exercising for up to one hundred minutes. Press the Home button when you are finished with your workout. Then, press the Enter button. The workout that you created will then be stored in memory.

4. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 15.

HOW TO USE A USER-DEFINED WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 13.

2. **Select a user-defined workout.**

   To select a user-defined workout, press the User Defined button repeatedly until the name of the desired workout appears in the display. The display will also show a profile of the speed settings of the workout.

   Note: To create a user-defined workout, see HOW TO CREATE A USER-DEFINED WORKOUT on page 17.

3. **Start the workout.**

   Press the Start button to start the workout.

   Each workout is divided into segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

   During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed or incline setting for the current segment. If a different speed and/or incline setting is programmed for the next segment, the treadmill will automatically adjust to the new speed and/or incline setting.

   The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

   If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the Speed or Incline buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.** Note: This will change the workout (see step 4).

To stop the workout at any time, press the Stop button. The time will begin to flash in the display. To resume the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. **Change the workout if desired.**

   If desired, you can change the workout while you are using it.

   To change the speed or incline setting for the current segment, simply press the Speed or Incline buttons. At the end of the current segment, the new speed setting or incline setting will be stored in memory.

   If desired, you can extend the workout when you reach the end of the workout. To extend the workout, follow the instructions in the matrix.

   Continue exercising for up to one hundred minutes. Press the Home button when you are finished with your workout. Then, press the Enter button. The workout will then be stored in memory.

5. **Follow your progress with the displays.**

   See step 5 on page 14.

6. **Measure your heart rate if desired.**

   See step 6 on page 15.

7. **Turn on the fan if desired.**

   See step 7 on page 15.

8. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 15.

HOW TO USE AN IFIT LIVE WORKOUT

Note: To use an iFit Live workout, you must have access to a wireless network (see page 20). An iFit Live account is also required (see step 1 on page 13).

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 13.

2. **Select the iFit Live mode.**

   Press the Home button repeatedly to select the iFit Live mode. The iFit Live welcome message will appear in the display.

3. **Select a user.**

   If more than one user is registered with your iFit.com membership, you can switch users in the iFit Live main screen. Press the increase and decrease buttons next to the Enter button to select a user.

4. **Select an iFit Live workout.**

   To download an iFit Live workout in your schedule, press the Map, Train, or Lose Wt. button to download the next workout of that type in your schedule. To download the next workout in your schedule, press the iFit Live button.

   To compete in a race that you have previously scheduled, press the Compete button.

   To re-run a recent iFit Live workout from your schedule, first press the Track button. Next, press the increase and decrease buttons to select the desired workout. Then, press the Enter button to start the workout.

   To use a set-a-goal workout, press the Set A Goal button (see page 17).

   Note: Before some workouts will download, you must add them to your schedule on iFit.com.

   For more information about the iFit Live workouts, please see www.iFit.com.

   When you select an iFit Live workout, the display will show the name, duration, maximum speed setting, and distance of the workout. The display will also show the approximate number of calories you will burn during the workout and a profile of the speed settings of the workout.

If you select a competition workout, the display may count down to the beginning of the race.

5. **Start the workout.**

   See step 3 on page 16.

   During some workouts, the voice of a personal trainer will guide you through your workout.

   To stop the workout at any time, press the Stop button. The time will begin to flash in the display. To resume the workout, press the Start button or the Speed increase button. The walking belt will begin to move at the speed setting for the first segment of the workout. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

6. **Follow your progress with the displays.**

   See step 5 on page 14.

   During a competition workout, the Compete option will show your progress in the race. As you race, the top line in the matrix will show how much of the race you have completed. The other lines will show your top four competitors. The end of the matrix represents the end of the race.

7. **Measure your heart rate if desired.**

   See step 6 on page 15.

8. **Turn on the fan if desired.**

   See step 7 on page 15.

9. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 15.

For more information about the iFit Live mode, go to www.iFit.com.

IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter inside the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

HOW TO CHANGE CONSOLE SETTINGS

The console features a settings mode that allows you to view usage information, to personalize console settings, and to set up and manage a wireless network connection.

1. **Select the settings mode.**

   To select the settings mode, hold down the Stop button while inserting the key into the console and then release the Stop button. The settings mode will then appear in the display.

   The time display will show the total number of hours that the treadmill has been used.

   The distance display will show the total number of miles (or kilometers) that the walking belt has moved.

2. **Navigate the settings mode menu.**

   The matrix will display a menu of the settings mode options.

   Press the increase and decrease buttons next to the Enter button to highlight the desired option.

   The lower part of the matrix will display instructions for the highlighted option. **Make sure to follow the instructions displayed in the lower part of the matrix.**

3. **Change settings as desired.**

   Safety Sensor—If the ultrasonic sensor is turned on, the word ON will appear in the matrix. To turn on or turn off the ultrasonic sensor, press the Enter button.

   Demo—The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, press the power switch into the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, the word ON will appear in the matrix. To turn on or turn off the demo mode, press the Enter button.

Units—The selected unit of measurement will appear in the matrix. To change the unit of measurement, press the Enter button. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

Contrast—The contrast level of the display will appear in the matrix. Press the Incline increase and decrease buttons to adjust the contrast level.

Firmware Update—**For the best results, regularly check for firmware updates.**

Note: The matrix will display NOT CONNECTED if the console is not connected to a wireless network.

Press the Enter button to check for firmware updates using your wireless network. If an update is available, the update will begin automatically.

IMPORTANT: To avoid damaging the treadmill, do not turn off the power while the firmware is being updated. The update may take several minutes.

Note: Occasionally, a firmware update may cause your console to function slightly differently. These updates are always designed to improve your exercise experience.

Default Settings—To restore the console to its factory default settings, press the Enter button. Note: The console will erase any information that you have saved in its memory.

The **WiFi–Normal** option will allow you to set up a wireless network connection using the console. See step 4 for instructions.

The **WiFi–WPS** option will allow you to set up a wireless network connection using your WPS router. See step 5 for instructions.

The **WiFi–Advanced** option will allow you to set up a wireless network connection using your computer, smart phone, tablet, or other Wi-Fi device. See step 6 for instructions.

iFit User Setup—To set up a different iFit Live account, but maintain the existing wireless connection, follow the instructions in the matrix. **Note: This option will be used rarely.**

Clear WiFi—To erase the console's wireless network settings and have it forget the currently selected wireless network, follow the instructions in the matrix.

4. **Use WiFi–Normal to set up a wireless connection.**

This option will allow you to set up a wireless network connection using the console.

Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

To set up a wireless network connection using the console, first press the Enter button.

Next, set the included WiFi setup card on the console. The buttons on the WiFi setup card are referenced in the following instructions.

Card
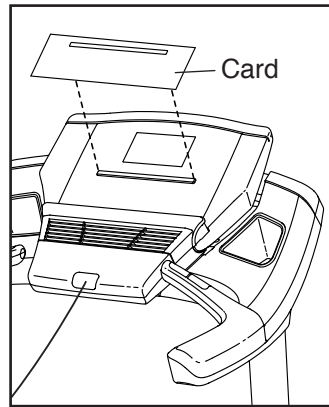
A list of networks will appear in the matrix. Press the up and down buttons to highlight the desired network. Then, press the Enter button. Note: Do not select IFIT_SETUP.

Note: The time display will show the number of the currently-selected access point. The distance display will show the total number of access points detected.

If the network has a password, enter the password.

A keyboard will appear in the matrix. As necessary, press the buttons on the WiFi setup card to select the caps option, the number option, or the symbol option.

Press the up, down, left, and right buttons to highlight the desired letter or number. Then, press the Enter button to select the letter, number, or symbol. When you have finished entering the password, press the Done button.

A numerical code and a web address will appear in the matrix. Go to the web address on your internet-compatible device.

Log in to your iFit Live account on the web page. Then, enter the numerical code into the indicated field. Follow any other instructions on the web page.

When the console is connected to a wireless network, the wireless symbol in the display will stop flashing and become solid. The wireless symbol will show the strength of your wireless signal; four arcs indicate full signal strength.

If you cannot complete any part of this process, or if you have any questions, go to http://support.ifit.com for assistance.

5. **Use WiFi–WPS to set up a wireless connection.**

This option will allow you to set up a wireless network connection using your WPS router.

To set up a wireless network connection using your WPS router, first press the Enter button and follow the instructions in the matrix.

A numerical code and a web address will appear in the matrix. Go to the web address on your internet-compatible device.

Log in to your iFit Live account on the web page. Then, enter the numerical code into the indicated field. Follow any other instructions on the web page.

When the console is connected to a wireless network, the wireless symbol in the display will stop flashing and become solid. The wireless symbol will show the strength of your wireless signal; four arcs indicate full signal strength.

If you cannot complete any part of this process, or if you have any questions, go to support.ifit.com for assistance.

6. **Use WiFi–Advanced to set up a wireless connection.**

This option will allow you to set up a wireless network connection using your computer, smart phone, tablet, or other Wi-Fi device.

On your computer, smart phone, tablet, or other Wi-Fi device, open the list of available networks to which your device can connect. One of the options will be IFIT_SETUP; select this network. If this network does not appear, make sure that your Wi-Fi device is within range of the console, and then close and re-open your list of networks. Also, see CLEAR WIFI on page 21 and clear any previous wireless network settings on the console.

Note: The network IFIT_SETUP will not appear if the console has already been configured to connect to a wireless network. Also, Android™ devices may not be able to detect IFIT_SETUP.

The console will display an IP address, such as 192.168.0.1:8080. Open a web browser on your computer, smart phone, tablet, or other Wi-Fi device. Next, type in the IP address on the console into the URL bar in your browser. Example: http://192.168.0.1:8080.

Your browser will load a web page. If the web page does not appear, double-check the IP address and the previous instructions of this step. Follow the instructions on the web page to connect the treadmill to your wireless network.

Note: A warning may appear stating that the server cannot be identified. If this happens, make sure that you have entered the IP address correctly.

If you cannot complete any part of this process, or if you have any questions, go to support.ifit.com for assistance.

7. **Exit the settings mode.**

To exit the settings mode, remove the key from the console.

HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's stereo speakers, you must connect your MP3 player, CD player, or other personal audio player to the console through the MP3 jack.

To use the MP3 jack, plug your audio wire into the MP3 jack on the console (see the drawing on page 12). Then, plug your audio wire into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that your audio wire is fully inserted.**

Next, press the play button on your MP3 player, CD player, or other personal audio player. Adjust the volume on your personal audio player or press the volume increase and decrease buttons on the console.

Increase

Decrease
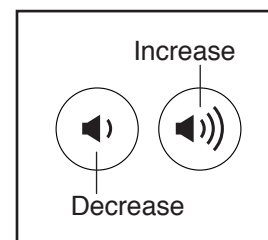
If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.
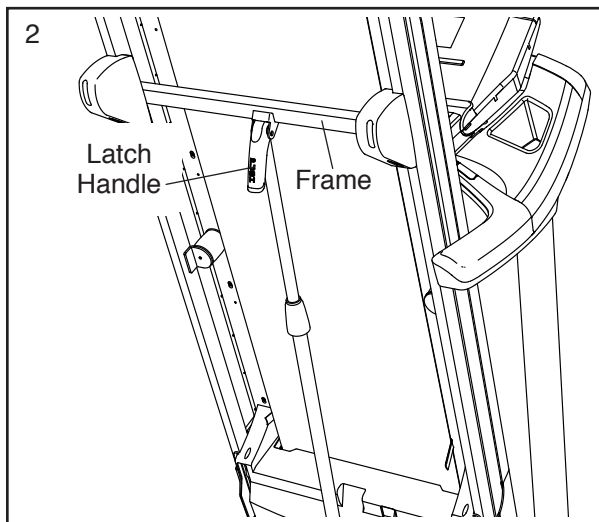
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL

To avoid damaging the treadmill, adjust the incline to the lowest position before you fold the treadmill. Then, remove the key and unplug the power cord. CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow below. **CAUTION: Do not hold the frame by the plastic foot rails. Bend your legs and keep your back straight.**
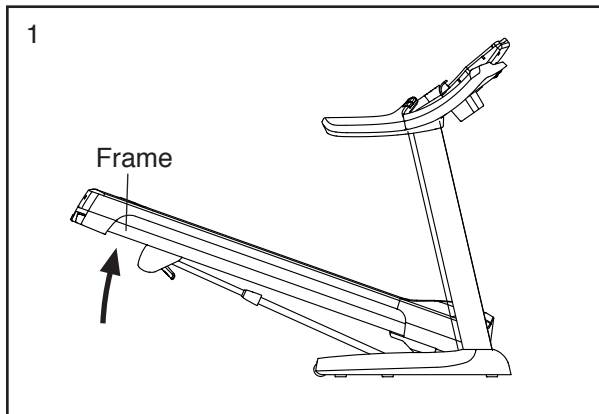
2. Raise the frame until the latch handle locks in the storage position. **CAUTION: Make sure that the latch handle locks.**

To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).

HOW TO MOVE THE TREADMILL

Before moving the treadmill, fold it as described at the left. **CAUTION: Make sure that the latch knob is locked in the storage position. Moving the treadmill may require two people.**

1. Hold the frame and one of the handrails, and place one foot against a wheel.
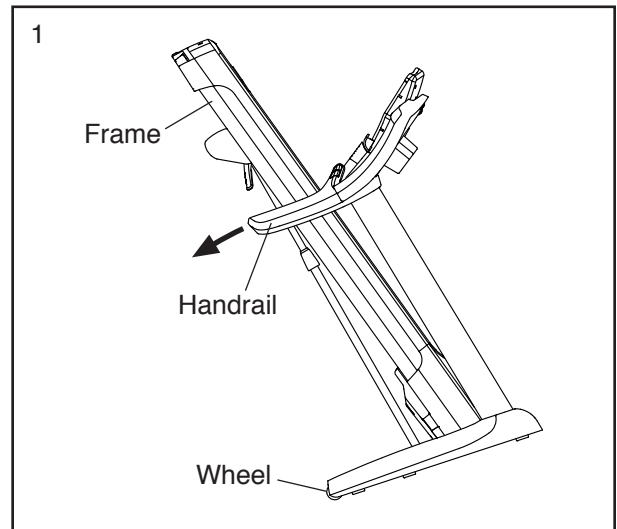
2. Pull back on the handrail until the treadmill will roll on the wheels, and carefully move it to the desired location. **CAUTION: Do not move the treadmill without tipping it back, do not pull on the frame, and do not move the treadmill over an uneven surface.**

3. Place one foot against a wheel, and carefully lower the treadmill.

HOW TO LOWER THE TREADMILL FOR USE

1. **See drawing 2.** Hold the upper end of the treadmill frame with one hand. Then, press the latch handle with your other hand; if necessary, push the frame forward slightly. Pivot the frame downward a few inches, and release the latch handle.

2. **See drawing 1 at the left.** Hold the metal frame firmly with both hands, and lower it to the floor. **CAUTION: Do not hold the frame by the plastic foot rails, and do not drop the frame. Bend your legs and keep your back straight.**

TROUBLESHOOTING

Most treadmill problems can be solved by follow-ing the simple steps below. Find the symptom that applies, and follow the steps listed. If further assis-tance is needed, see the front cover of this manual.

SYMPTOM: The power does not turn on

a. Make sure that the power cord is plugged into a surge suppressor and that the surge suppressor is plugged into a properly grounded outlet (see page 11). Use only a surge suppressor that meets all of the specifications described on page 11. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets and may not be compatible with AFCI-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the power switch located on the treadmill frame near the power cord. If the switch protrudes as shown, the switch has tripped. To reset the power switch, wait for five minutes and then press the switch back in.
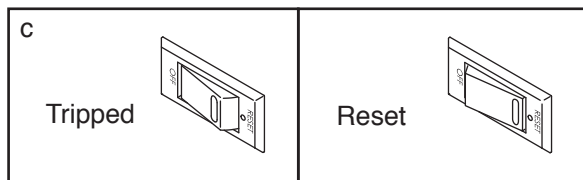
SYMPTOM: The power turns off during use

a. Check the power switch (see the drawing above). If the switch has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console, and then reinsert it.

d. If the treadmill still will not run, please see the front cover of this manual.

SYMPTOM: The console screen remains lit when you remove the key from the console

a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the screen shows a demo presenta-tion when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see HOW TO CHANGE CONSOLE SETTINGS on page 20 to turn off the demo mode.

SYMPTOM: The displays of the console do not function properly

a. Remove the key from the console and **UNPLUG THE POWER CORD.** Place the treadmill in the storage position (see HOW TO FOLD THE TREADMILL on page 23).

   Next, remove the two indicated #8 x 5/8" Screws (28).
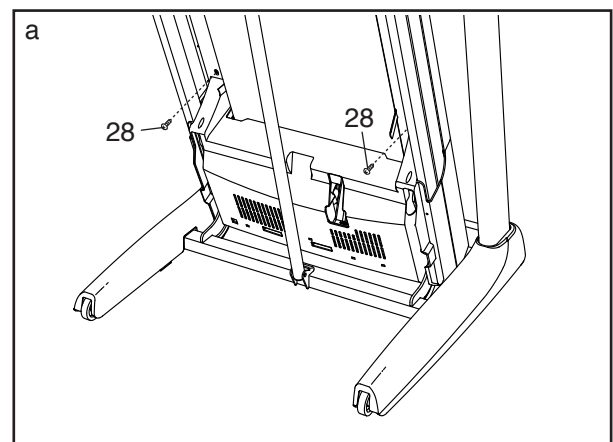
Lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 23). Remove the five #8 x 3/4" Screws (10). Carefully raise the ends of the Left and Right Foot Rail Covers (49, 73) to remove two of the Screws. Then, carefully remove the Motor Hood (74).
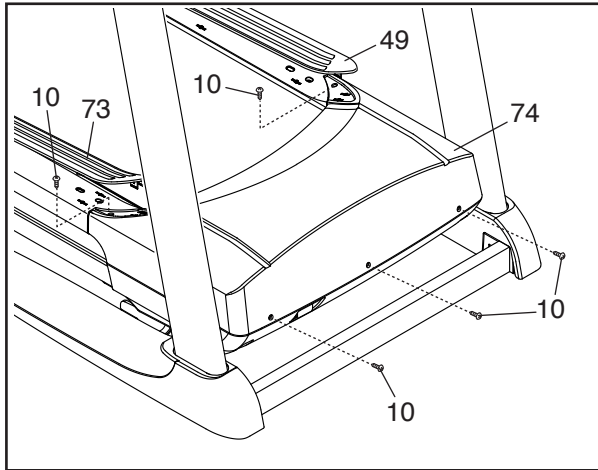
Locate the Reed Switch (59) and the Magnet (58) on the left side of the Pulley (57). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the #8 x 3/4" Tek Screw (9), move the Reed Switch slightly, and then retighten the Screw. Reattach the Motor Hood (not shown) and run the treadmill for a few minutes to check for a correct speed reading.
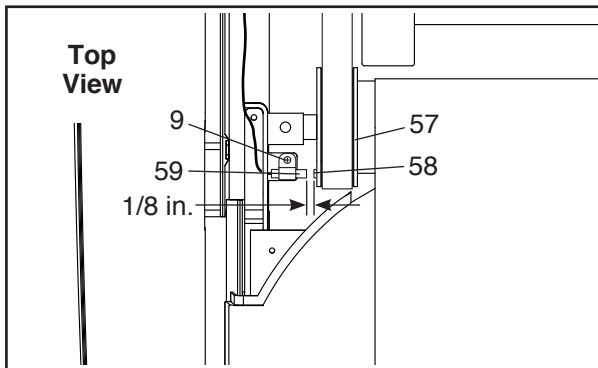
SYMPTOM: The incline of the treadmill does not change correctly

a. Hold down the Stop button and the Speed increase button, insert the key into the console, and then release the Stop button and the Speed increase button. Press the Stop button and then press the Incline increase or decrease button. The treadmill

will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system. If the incline does not begin calibrating, press the Stop button again, and then press the Incline increase or decrease button again. When the incline is calibrated, remove the key from the console.

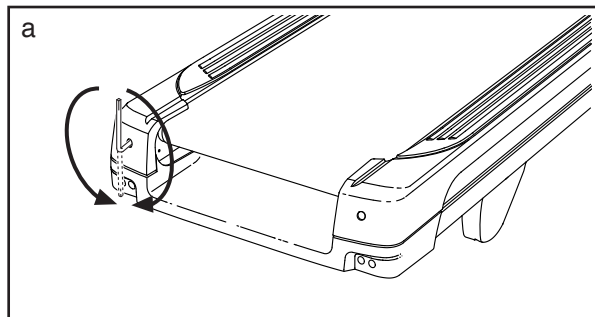**SYMPTOM: The walking belt slows when walked on**

a. Use only a surge suppressor that meets all of the specifications described on page 11.

b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller screws counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
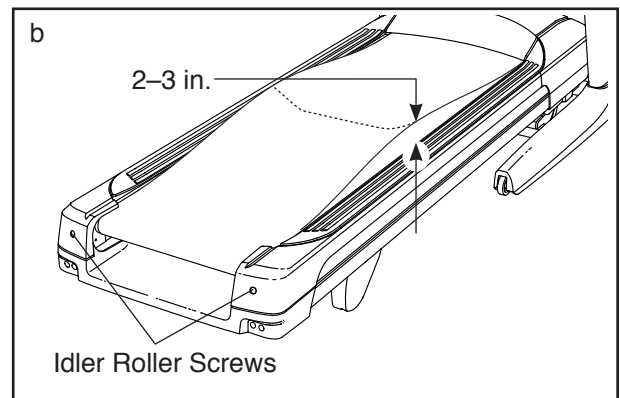

c. Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform unless instructed to do so by an authorized service representative. Such substances may deteriorate the walking belt and cause excessive wear.** If you suspect that the walking belt needs more lubricant, see the front cover of this manual.

d. If the walking belt still slows when walked on, see the front cover of this manual.

SYMPTOM: The walking belt is off-center or slips when walked on

a. **If the walking belt is off-center,** first remove the key and **UNPLUG THE POWER CORD. If the walking belt has shifted to the left,** use the hex key to turn the left idler roller screw clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left idler roller screw counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.

b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller screws clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
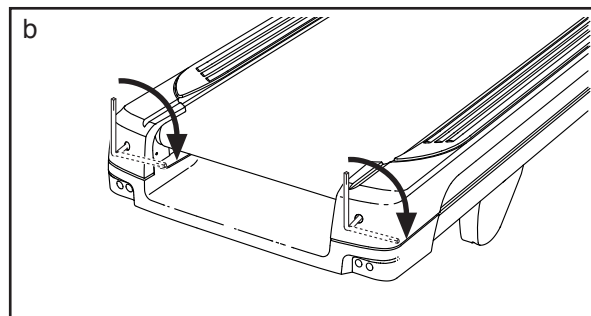
MAINTENANCE

Inspect and tighten all parts of the treadmill regularly. Replace any worn parts immediately.

CLEANING

To clean the treadmill, first **press the power switch into the off position and unplug the power cord.** Wipe exterior parts of the treadmill with a damp cloth and a small amount of mild soap. **IMPORTANT: Do not spray liquids directly onto the treadmill. To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.** Then, thoroughly dry the treadmill with a soft towel.

STORAGE

If the treadmill will not be used for an extended period of time, lay the power cord over the treadmill where it will not be pinched or crushed, and cover the treadmill to keep it free of dust. To save space, you may want to fold the treadmill (see page 23). Store the treadmill indoors. Do not store objects on the treadmill.

EXERCISE GUIDELINES

⚠ WARNING: **Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	🖤
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.
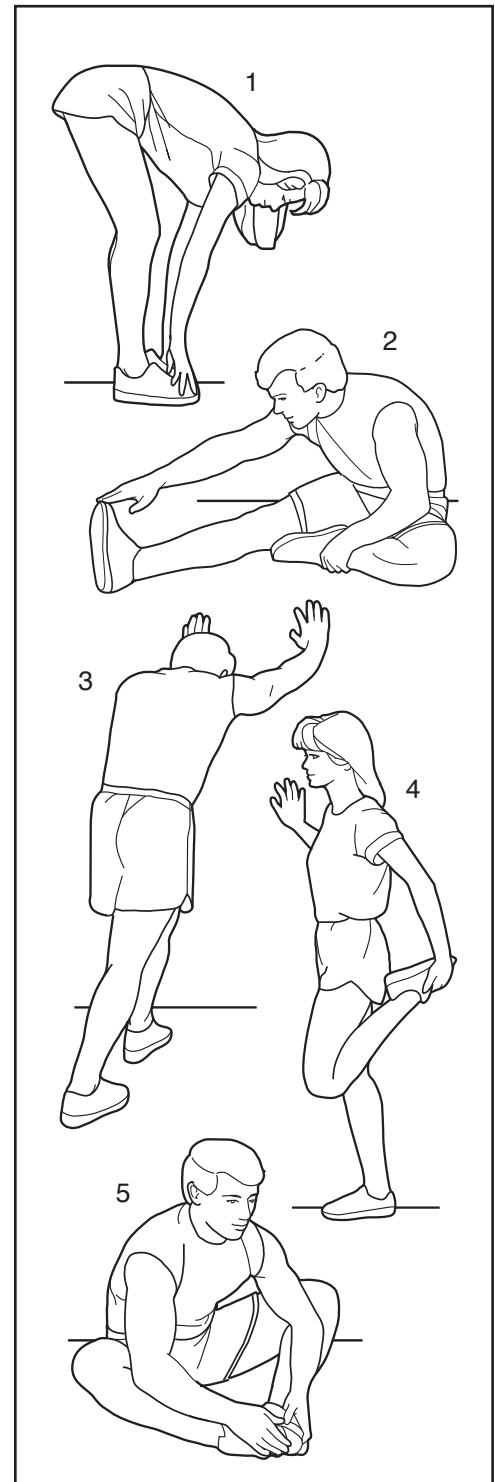
PART LIST

Key No.	Qty.	Description	Key No.	Qty.	Description
1	8	5/16" x 3/4" Screw	51	1	Idler Roller
2	4	3/8" x 3" Screw	52	1	Warning Decal
3	4	3/8" Star Washer	53	1	Walking Platform
4	4	3/8" External Star Washer	54	1	Walking Belt
5	1	3/8" x 2" Bolt	55	2	Belt Guide
6	4	5/16" Flat Washer	56	1	Reed Switch Clamp
7	1	3/8" x 2 3/8" Bolt	57	1	Drive Roller/Pulley
8	2	3/8" Nut	58	1	Magnet
9	13	#8 x 3/4" Tek Screw	59	1	Reed Switch
10	79	#8 x 3/4" Screw	60	4	Wire Tie
11	2	1/4" x 2 1/2" Screw	61	1	Frame
12	2	3/8" x 1 3/4" Bolt	62	1	Right Frame Cover
13	7	#8 x 1/2" Screw	63	1	Drive Motor
14	12	#8 x 3/4" Pan Head Tek Screw	64	1	Motor Belt
15	1	1/4" x 1 3/4" Bolt	65	1	Storage Latch
16	1	1/4" x 1 1/4" Bolt	66	1	Right Rear Foot
17	2	#8 x 1 3/4" Screw	67	1	Rear Sensor
18	4	#8 x Belt Guide Screw	68	1	Fan Base Back
19	1	3/8" x 1 1/2" Bolt	69	1	Console Gas Spring Cover
20	1	3/8" x 2" Bolt	70	1	Rear Cap
21	1	Latch Handle	71	1	Left Rear Foot
22	2	5/16" Motor Screw	72	1	Right Foot Rail
23	2	1/2" x 2 1/4" Bolt	73	1	Right Foot Rail Cover
24	2	3/8" x 1" Bolt	74	1	Motor Hood
25	4	5/16" x 1 3/4" Bolt	75	1	Hood Accent
26	1	1/4" x 1 3/4" Screw	76	1	Incline Stop Bracket
27	4	#8 x 1" Screw	77	1	Incline Motor
28	9	#8 x 5/8" Screw	78	2	Incline Frame Washer
29	12	#8 x 1/2" Pan Head Screw	79	2	Incline Frame Insert
30	10	#12 x 1" Screw	80	1	Incline Frame
31	2	1/4" x 3/4" Screw	81	1	Controller
32	1	#8 x 5/8" Bolt	82	1	Electronics Plate
33	4	#4 x 3/4" Screw	83	11	Cable Tie
34	1	#8 x 1/4" Screw	84	2	Hood Post
35	1	1/4" Star Washer	85	1	Power Switch
36	4	5/16" Washer	86	1	Power Cord
37	2	1/2" Nut	87	2	Grommet
38	6	3/8" Jam Nut	88	1	Belly Pan
39	4	5/16" Nut	89	1	Left Handrail Cover
40	3	1/4" Nut	90	1	Left Handrail
41	1	#8 Nut	91	1	Left Handrail Bottom
42	3	Hood Clip	92	1	Upright Wire
43	4	Rubber Grommet	93	1	Right Handrail Cover
44	4	#3 x 5/16" Screw	94	1	Right Handrail
45	4	Isolator Cap	95	1	Right Handrail Bottom
46	2	Isolator Spring	96	1	Upright
47	2	Isolator	97	2	Caution Decal
48	1	Left Frame Cover	98	1	Right Upright Cover
49	1	Left Foot Rail Cover	99	1	Incline Motor Wire
50	1	Left Foot Rail	100	1	Left Upright Cover

Key No.	Qty.	Description	Key No.	Qty.	Description
101	6	Base Pad	113	2	Console Clamp
102	1	Rear Sensor Wire	114	8	Console Bushing
103	2	Base Leg	115	2	Console Ground Wire
104	1	Left Wheel Housing	116	1	Console Base Back
105	1	Right Wheel Housing	117	1	Console
106	2	Wheel	118	1	Console Frame
107	1	Left Tray	119	1	Access Door
108	1	Console Base	120	1	Console Back
109	1	Right Tray	121	1	Fan
110	1	Console Gas Spring	122	1	Fan Cover
111	1	Gas Spring Cable	123	1	Key/Clip
112	1	Console Base Frame	*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

Model No. EPTL99112.0 R0712A
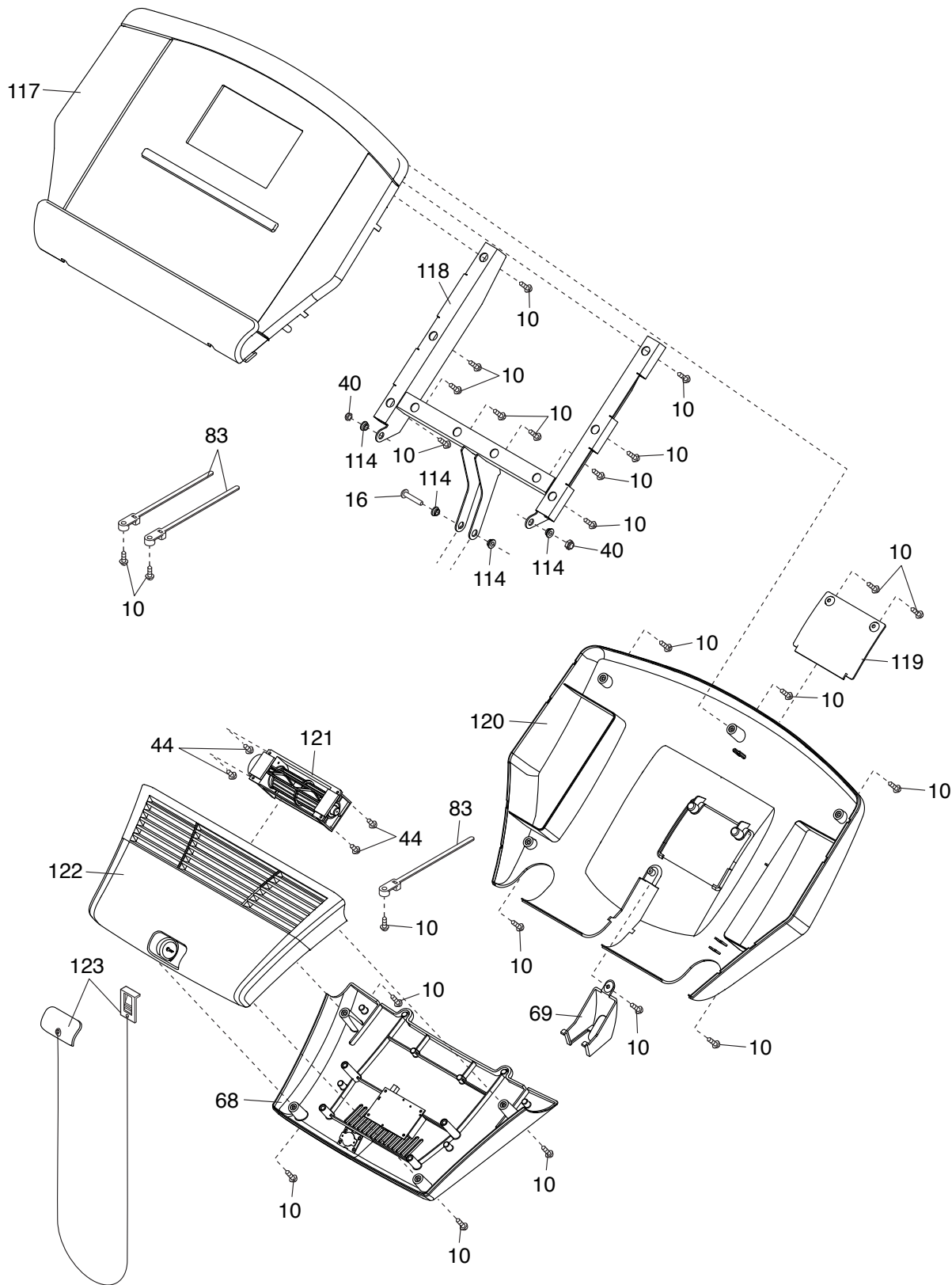
ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

· the model number and serial number of the product (see the front cover of this manual)

· the name of the product (see the front cover of this manual)

· the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)